

CHICKERING HALL.

Nervous Debility and Physical Exhaustion Among Men Very Common—What a Great Lecturer and Physician Says.

Dr. Greene, in his lecture to gentlemen in Chichester Hall, gave much valuable and important information. Nervous diseases are the bane of people's lives. Many a man who had formerly supposed himself possessed of powerful physique and strong and steady nerve succumbed at his feeling of exhaustion, lassitude and lack of inclination for physical and mental exertion. Where he had a feeling of strong and vigorous physical and nerve power, always ready for any work, he now has

especially noticeable in the morning. Every morning is an exertion for a time, and it is only after some time that the system becomes accustomed to working so as to speak, that the feeling of exhaustion disappears away. When night comes, and the day's work is over, the same tired and enervated sensations return, and the night's sleep, which should refresh the system and rid it of the fatigue of the day, does not do so, and the morning leaves the person in the morning more tired and exhausted than on retiring.

Business men, whose property depends upon the exertion of their mind, find their mental strength impaired and their endurance and power to work exhausted. Professional men, students and clerks, whose brains, being constantly active, require a more extraordinary amount of nerve force, often find their power exhausted, and are unable to continue their work for many consecutive hours of close application of the mind; they now find that the thoughts wander, and their inability to fix the mind for any length of time upon an object, is the result of nervous exhaustion.

Nervous and Irritable Condition.

A dull, cottony sensation often accompanied by disagreeable feelings in the head and eyes. As these symptoms increase there is usually a derangement of the digestive

back. There is often a bad taste in the mouth in the morning, the vision becomes dim, the memory is impaired and there is frequent dizziness. Persons so affected are often despondent, and suffer from gloom and depression of the mind. The nerves become weakened after a time that the least excitement or shock will flush the face or bring on a tremor or trembling often attended by more or less palpitation of the heart.

The patient having these symptoms, or a portion of them, is suffering from nervous debility and exhaustion, and the loss of nervous vitality from those indiscretions, excesses and

Such a remedy is found in Dr. GREENE'S NERVE TONIC—a remedy absolutely certain in its beneficial effects, and positive in its restorative, invigorating and strength-giving powers. It is a remedy which all sufferers from nervous debility and other weaknesses

and exhausting nervous diseases will do well to use, with

A positive assurance that a complete cure will result. It will make the nerves strong, steady and vigorous, give vitality and vigor into the weakened and exhausted system, and clear the mind of that gloom, depression and dispirited feeling which makes life seem a burden. Young men with weakened nerves and exhausted vitality can regain their strength by its use. It restores the energy, and invigorates the weakened and exhausted vital powers in old and young. Its price is but \$1 per bottle, but it has proved of incalculable value to those

FUN FOR AFTER DINNER.

Some Truth in It.
[From Judge.]

Tommy—Say, mamma, why don't you have some color in your cheeks nowadays?

Mother—I have loaned it to your father to pay his nose with.

Furser verilyhead.
[From Judge.]

She—Henry!

He—Horrors! Don't interrupt this inspiration.

She—My dear, I only wanted to say that you had dipped your pen into the coffee.

A Work of Supererogation.
[From Puck.]
"Got a cold, have you?" said Tom Higbee to Job Lott. "Well, what do you want to tell me that for? You've got two eyes, two ears, a nose and one mouth; you're an American and this is March. You've got talk to waste, f— have!"

A Natural Explanation.
[From the Chicago Sunday Tribune.]
Ned—I'm four and you're only two,
Bab—Why ain't I four?
Ned—'Cause you're only a girl.

What She Wore.
[From Tid-Bitts.]

Mr. Gotham—Are you fond of orchids, Miss Wabash?
Miss Wabash (of Chicago)—Can't say, really. only wear the regulation six-buttoners.

Proof Positive.
[From Tid-Bits.]

Al—I must have been very drunk yesterday.
Ed—How so?
Al—Look at this bill from my tailor, receipted!

Paradoxical.
[From Judge.]

Some men are foolish, and the tears
Their foolish boastings throttle;
And so, though older grown in years,
They have not left the bottle.

The Only Opening
[From Punch.]
Mr. Franklin M.



Mr. Franklin—
What do you expect
make of your son when
he grows up, Mr. Keag?
Mr. Ames: Keag?
Well, if he doesn't
velop more robustness
than his present appea-
ance indicates I'm af-
I shall have to make
minister of him.

Girls and Marriage.
[From the Buffalo Express.]

"No girl under twenty," says a wise woman, "has any business to think of marriage." Blah, you, no. We know that. At that age no girl thinks of marriage as a "business." She just tumbles head over heels in love and marries her dear fellow just because she would cry herself out without him. It is when she is no longer a girl you would just exactly call a "girl," in those

April.
[From the Boston Courier.]
Lo! just as Lent is gone,
April is here,
April the tickle one.

Gentle, austere.
One day all smiles is she,
Next tearful eyed;
Thus in her moods we see
Life typified.

Man has his ups and downs,
Quiet and strife;
Fate on him smiles and frowns
All through his life.

Thus are the grave and gay
Equally blent;
The one that man
Must meet and meet.

Nature is built that way—
Let's be content.